1. A method of frame rate buffering comprising:

providing a source of compressed video which generates a compressed video stream having a variable frame rate;

providing a video display unit which receives said compressed video frames, decompresses said video frames and displays said video frames, wherein said unit is constrained to a fixed frame rate; and

padding said generated compressed video frames with frames which indicate that no change has occurred, to achieve said fixed frame rate

- 2. A method according to claim 1, comprising, increasing said padding and decreasing said variable rate, to compensate for bandwidth limitation in transmission between said source and said display unit.
- 3. A method according to claim 1, comprising, increasing said padding and decreasing said variable rate, to compensate for an instantaneous resource limitation at said source.

4. A method of bandwidth allocation for a compressed video stream, comprising: generating a plurality of display commands, by executing a computer program; converting said display commands into a compressed video stream; estimating a future content of said video stream; and allocating bandwidth resources responsive to said estimate.

- 5. A method of bandwidth allocation for a compressed video stream, comprising: generating a plurality of display commands, by executing a computer program; converting said display commands into a compressed video stream; estimating a future content of said video stream; and allocating CPU resources for compression responsive to said estimate.
- 6. A method according to claim 4 or claim 5, wherein said program comprises-a WWW browser.
- 7. A method according to claim 6, wherein estimating comprises identifying a future download of complex display data.
- 8. A method according to claim 6, wherein estimating comprises identifying a future download of a continuous data stream.

9. A method of bandwidth allocation for transmitting video on a cable network, comprising:

providing a plurality of data sources;

differentially converting said data sources into compressed video streams, responsive to an instantaneous resource restriction; and

multiplexing said compressed video streams on a single transmission line.

- 10. A method according to claim 9, wherein said differentially converting comprises converting each data source to a different frame rate compressed video stream.
- 11. A method according to claim 9, wherein said differentially converting comprises, converting each data source to a different frame quality level.
- 12. A method according to claim 9, wherein said resource restriction comprises a bandwidth restriction.
- 13. A method according to claim 9, wherein said resource restriction comprises a computing resource restriction.
- 14. A method according to any of claims 9-13, wherein said data sources comprise display commands.
- 15. A method according to any of claims 9-13, wherein said differentially converting comprises differentially converting responsive to a content of said data sources.
- 16. A method according to claim 15, comprising providing an indication of said content with said data sources.
- 17. A method according to claim 15, comprising providing an indication of said content by analyzing display commands which are comprised in said data sources.

18. A method according to claim 15, comprising providing an indication of said content by a software which generates at least one of said data sources.

19. A method of bandwidth allocation, comprising:

providing a distribution network having a bandwidth;

transmitting on said network a placelity of channels, comprising Internet channels
and TV channels; and

dynamically allocating bandwidth between Internet channels and TV channels.

 20. A method of statistical bit multiplexing, comprising:

providing a plurality of compressed video streams to be multiplexed;

providing, for at least one of said plurality of streams, side information, indicative

of a content of a frame of said stream; and

differentially dropping bits from said at least one of plurality of streams, responsive to said side information.

21. A method according to claim 20, wherein said side information includes a minimal quality level for said frame.

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